

Full Report (All Nutrients) 02035, Spices, pumpkin pie spice

Report Date: October 24, 2015 17:01 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Carbohydrate Factor: 3.19 Fat Factor: 8.37 Protein Factor: 2.5 Nitrogen to Protein Conversion Factor: 6.06

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 1.7g	1 tbsp 5.6g
Proximates						
Water	g	8.46	--	--	0.14	0.47
Energy	kcal	342	--	--	6	19
Energy	kJ	1431	--	--	24	80
Protein	g	5.76	--	--	0.10	0.32
Total lipid (fat)	g	12.60	--	--	0.21	0.71
Ash	g	3.90	--	--	0.07	0.22
Carbohydrate, by difference	g	69.28	--	--	1.18	3.88
Fiber, total dietary	g	14.8	--	--	0.3	0.8
Sugars, total	g	7.76	--	--	0.13	0.43
Minerals						
Calcium, Ca	mg	682	--	--	12	38
Iron, Fe	mg	19.71	--	--	0.34	1.10
Magnesium, Mg	mg	136	--	--	2	8
Phosphorus, P	mg	118	--	--	2	7
Potassium, K	mg	663	--	--	11	37
Sodium, Na	mg	52	--	--	1	3
Zinc, Zn	mg	2.37	--	--	0.04	0.13
Copper, Cu	mg	0.484	--	--	0.008	0.027
Manganese, Mn	mg	15.844	--	--	0.269	0.887
Selenium, Se	µg	9.3	--	--	0.2	0.5
Vitamins						
Vitamin C, total ascorbic acid	mg	23.4	--	--	0.4	1.3
Thiamin	mg	0.131	--	--	0.002	0.007

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 1.7g	1 tbsp 5.6g
Riboflavin	mg	0.137	--	--	0.002	0.008
Niacin	mg	2.243	--	--	0.038	0.126
Vitamin B-6 1	mg	0.400	2	--	0.007	0.022
Folate, total	µg	24	--	--	0	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	24	--	--	0	1
Folate, DFE	µg	24	--	--	0	1
Choline, total	mg	20.8	--	--	0.4	1.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	13	--	--	0	1
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	99	--	--	2	6
Carotene, alpha	µg	1	--	--	0	0
Cryptoxanthin, beta	µg	114	--	--	2	6
Vitamin A, IU	IU	261	--	--	4	15
Lycopene	µg	7	--	--	0	0
Lutein + zeaxanthin	µg	100	--	--	2	6
Vitamin E (alpha-tocopherol)	mg	1.93	--	--	0.03	0.11
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	28.4	--	--	0.5	1.6
Lipids						
Fatty acids, total saturated	g	6.530	--	--	0.111	0.366
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.012	--	--	0.000	0.001
10:0	g	0.036	--	--	0.001	0.002
12:0	g	0.152	--	--	0.003	0.009
14:0	g	4.635	--	--	0.079	0.260
16:0	g	0.871	--	--	0.015	0.049
18:0	g	0.738	--	--	0.013	0.041

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 1.7g	1 tbsp 5.6g
Fatty acids, total monounsaturated	g	1.102	--	--	0.019	0.062
16:1 undifferentiated	g	0.292	--	--	0.005	0.016
18:1 undifferentiated	g	0.764	--	--	0.013	0.043
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.780	--	--	0.013	0.044
18:2 undifferentiated	g	0.715	--	--	0.012	0.040
18:3 undifferentiated	g	0.065	--	--	0.001	0.004
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	71	--	--	1	4
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹S.W. Leonard, K. Hardin, J.E. Leklem **Vitamin B-6 Content of Spices**, 2001 Journal of Food Composition and Analysis 14 pp.163-167

Languag Code(s)

- A0113 SPICE OR HERB (US CFR)
- A1272 0200 SPICES AND HERBS (USDA SR)
- B1472 CINNAMON
- C0264 BARK
- E0106 FINELY GROUND
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- H0151 SPICE OR HERB ADDED
- J0141 NATURALLY DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION